

October 11, 2019

State Board of Chiropractic Examiners

To Whom It May Concern:

This letter is to state that as Director of Parker Professional Programs, I have reviewed the speakers below and determined that they are post-graduate level instructors, through a curriculum vitae or resume, and they have knowledge, training and expertise in the topics to be covered for “The Prenatal Protocol”. The documentation appears to fall within chiropractic guidelines of the various state boards.

Parker University  
Continuing Education  
2540 Walnut Hill Lane  
Dallas, Texas 75229  
[www.parker.edu](http://www.parker.edu)

Courtney Gowin, DC

Please contact me if further information is needed, my direct phone number is 214-902-3492, or via email at [pfrase@parker.edu](mailto:pfrase@parker.edu).

Sincerely,



Phyllis Frase-Charrette  
Director of Professional Programs

## **METHOD OF CERTIFYING IN ONLINE ACTIVITIES**

1. **Name of Course:** The Prenatal Protocol
2. **Organization Sponsoring the Course:** Parker University
3. **Course Objective:** To enhance the expertise of the Chiropractic Professional.
4. **Study Hours Required:** 1 Online
5. **Instructor(s):** Courtney Gowin, DC
6. Educational background and experience of instructor(s) is on file in the University offices.
7. **Attendance Verification Method and Certifying Officer:** FL Licensees are required to provide a valid driver's license to be awarded CE. The Online presentation is delivered via web pages in which the participant must review anatomy images, read supporting text, listen to audio instruction, and answer test questions. The time the participant spends on each page is logged and tracked. In addition, the test questions must be passed, or the participant cannot continue on to the following pages. The computerized log files that track the participant's access time and usage will be utilized to validate the attendance and participation. The instructors will be available for questions via e-mail. Upon successful completion, Parker University Continuing Education Department will maintain and distribute attendance records.
8. **Textbooks and/or Equipment Required:** Internet
9. **Outline of Material Covered:** Attached
10. **Location(s):** Computer/Internet Based
11. **Date(s):** Based upon date of actual completion

# The Prenatal Protocol

Courtney Gowin, D.C

1 hour

## Course Description

This class will discuss protocols to help your female patients through their trimesters of pregnancy. We will discuss each trimester and break it down into common experiences, natural remedies, nutrition, supplements and special considerations when adjusting.

## Course Objective(s)

At the end of this course attendees will know:

- 1<sup>st</sup> trimester-common experiences, natural remedies, nutrition, supplements and adjusting schedules
- 2<sup>nd</sup> trimester- common experiences, natural remedies, nutrition, supplements and adjusting schedules
- 3<sup>rd</sup> trimester- common experiences, natural remedies, nutrition, supplements and adjusting schedules
- Preparation for birth

## Course Outline

15 Mins:

- Tell us about yourself
- Why a prenatal practice
- 1<sup>st</sup> trimester
- Common experiences
- Natural remedies
- Nutrition
- Supplements
- Adjustments and schedule

15 Mins:

- 2<sup>nd</sup> trimester
- Common experiences
- Natural remedies
- Nutrition
- Supplements
- Adjustments and schedule

15 Mins:

- 3<sup>rd</sup> trimester
- Common experiences
- Natural remedies
- Nutrition
- Supplements
- Adjustments and schedule

15 Mins:

- Preparing for birth and the chiropractor's role

## **Courtney Gowin**

4811 Broadway, Addison, TX 75154

(C) 325-665-3322 (E) [drgowin@freetobechiropractic.com](mailto:drgowin@freetobechiropractic.com)

### **Professional Summary:**

Owner and Doctor of Chiropractic at Free to Be Chiropractic and the NEST. I specialize in empowering women on their journey to motherhood and help them achieve the birth they desire. Our practice specializes in supporting women throughout their pregnancy and postpartum and supporting the newborn baby into childhood with gentle adjustments to the spine.

### **Skill Highlights:**

- Chiropractic Techniques: Diversified, Webster, SOT, Thompson, Activator, Flexion Distraction
- Yoga Instructor (6 years experience)
- Avid public speaker
- Lululemon Goal Guru and Mentor
- Networking and recruiting
- Extensive knowledge of health and healing
- Pregnancy Support
- Natural Fertility
- Clinical Nutrition
- Lifestyle Coaching
- Personal Training

### **Accomplishments:**

- Doctor of Chiropractic
- Metrocrest Chamber of Commerce Ambassador
- Dallas School of Harmony (TSTEM Academy) Advisory Board Member
- UT-Southwestern Research Board Member for Perinatal Depression
- VA Hospital Chiropractic Intern
- Vice President of James W. Parker Philosophy Club
- Vice President of League of Chiropractic Women Club
- President of Chirogames Club
- Two time top 5 finalist of Talk the Tic
- PLC Board Review representative
- Founder and developer of Parker University's yoga program
- Two year captain of the Parker women's basketball chirogames team
- Currently teach yoga throughout the Caribbean and Central America, Crossfit gyms, Camp Gladiator, Telos, Trophy Fitness and corporations throughout DFW
- A distinguished speaker at Schubel Vision Seminars Dallas, Tx
- Lululemon goal & yoga guru; develop and inspire ambassadors and studio owners in the DFW area to create vision and passion in their lives

- First Place winner for the Compassion for the Community award for my chiropractic business plan
- NCAA women's basketball tournament finalist

**Professional Experience:**

- August 2015-Present: **The NEST Addison**—Owner/Clinic director
- March 2014-Present: **Free to Be Chiropractic**—Owner/Doctor of Chiropractic
- January 2014-Present: **Telos, Summit Rock Climbing, Trophy Fitness**—Yoga Instructor
- October 2013-December-2013: **VA Hospital**—Chiropractic Intern
- July 2012-Present: **Lululemon athletica**--Dallas, Tx. Educator/Goal Guru/ Yoga and community Guru
- April 2008-July 2010: **Everfit**--Abilene, Tx. Bootcamp instructor/Personal Trainer/Yoga Instructor/Nutritional Counselor

**Current Advisory Board Positions:**

- Dallas School of Harmony (TSTEM Academy)
- UT-Southwestern Pre-D (Preventing Perinatal Depression)

**Education & Training:**

- 2010: Abilene Christian University- Abilene, Tx USA. Bachelor of Science: Health Promotions with a minor in Chemistry. Women's Basketball Team.
- 2013: Parker University- Dallas, Tx USA. Doctor of Chiropractic. Balanced and well versed in the art, science, and philosophy of chiropractic.

## ONLINE CE ATTENDANCE CERTIFICATE

**Name:** \_\_\_\_\_

**Title:** Online: XXXX

**Address:** \_\_\_\_\_

**Course #** XXXX

**Date:** XXXX

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Location:** Online

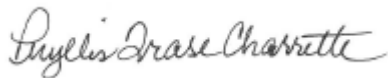
**STATE [only one per voucher]:** \_\_\_\_\_ **YOUR STATE LICENSE #:** \_\_\_\_\_

**DO NOT WRITE BELOW THIS BOX**

Completion Date	Class Hours	Course Title	Instructor
XX/XX/XX			

**TOTAL HOURS ATTENDED:** \_\_\_\_\_

**Board Approval No.** \_\_\_\_\_



\_\_\_\_\_  
**Phyllis Frase Charrette**  
**Director, Parker Professional Programs**

This certificate is to acknowledge your completion of the Online Continuing Education course shown above. This copy is for your records and can be submitted to your board of licensing. Please Note: Verify the information is correct upon receipt – discrepancies will only be accepted up to 6 months after the closing date of the course. Please keep this certificate in a secure place. Any replacement, copy, or fax will incur a \$25 fee per certificate.



These Questions are delivered via the Parker Seminars mobile App.

## Quality Feedback Survey

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Course Name: \_\_\_\_\_

Date: \_\_\_\_\_ Location: \_\_\_\_\_

**How did you hear about this Course?**

Parker Brochure     School E-mail     Referral     Parker Web Site     Other \_\_\_\_\_

**Please score each speaker on an “A to E” scale, with “A” Extremely Satisfied and “E” being Extremely Dissatisfied.**

How would you rate this speaker

a      b      c      d      e

Rate the overall content of the session:

a      b      c      d      e

Rate the classroom & facilities:

a      b      c      d      e

Please add any additional comments:

a      b      c      d      e

Is there a certain speaker or topic you would like to see next time?:

a      b      c      d      e

12) What topics would be of interest to you for future classes?  
\_\_\_\_\_

**Comments:**  
\_\_\_\_\_

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### THANK YOU FOR YOUR FEEDBACK!

The purpose of this quality feedback survey is to provide information to the Instructors and to Parker University about extant standards of performance. **Your response will be held in confidence. You will not be identified in any way by reference to your response. For additional complaints or concerns regarding this program please contact Parker University at 800.266.4723.** Parker University will share the outcomes of this evaluation with the Instructor, and will keep a copy on file in the Continuing Education Office to demonstrate compliance with accreditation standards and requirements.